



The strategy of the Reflectors is one of the most important and transformative aspects of Human Design. It's the key to living a life aligned with their true nature and to offer their unique gifts to the world. As we saw in the previous sub-module, Reflectors are designed to "assess" and "reflect" the state of humanity and their environment. But what exactly does this involve?

Sampling before deciding means taking the time to absorb and feel the energies of a situation before committing or making a decision. It is a way for Reflectors to honor their open and changing nature, and to ensure that they are aligned with their truth of the moment. By sampling, they can sense what really resonates for them, rather than being influenced by external pressures or the expectations of others.

When a Reflector tries to make hasty decisions without sampling, they can easily find themselves in situations that do not suit them. This is because their energy is so open and malleable that it can easily be influenced by others. By taking the time to sample, Reflectors can ensure that they follow their own inner guidance, even if it is constantly changing.

Let's take the example of a Reflector who is offered a new position. Rather than saying yes right away, they take the time to visit the workplace, meet the team, and feel the energy of the environment. They may even ask for a reflection period to see how they feel about this opportunity over a period of time. By sampling in this way, they can determine if this position is really in alignment with who they are and what they want, rather than being seduced by prestige or salary.

Sampling does not mean being indecisive or unable to commit. In fact, it's a form of deep discernment and self-knowledge. Reflectors who master the art of sampling can make very

clear and powerful decisions, because they know they are rooted in their inner truth. They can also change their mind along the way if new information or energies appear, and that's perfectly fine for them.

This can be a challenge for many Reflectors, especially in a society that values quick decisions and consistency at all costs. There can be pressure to know exactly what one wants and stick to it, no matter what. But for Reflectors, this approach can be deeply misaligned and even damaging. Their truth is in the present moment, and it is constantly evolving.

Learning to trust the sampling process is a key skill for Reflectors. This requires patience, self-compassion, and a deep trust in one's own inner guidance. Reflectors can start by practicing sampling in small things, like choosing what to eat or what to wear. Over time, they can apply this same process to more important decisions, like where to live or who to engage with.

Another aspect of the sampling strategy is knowing how long to sample. For Reflectors, a full lunar cycle (about 28 days) is often considered the optimal time to make an important decision. This is because the Moon traverses all the centers of the BodyGraph during this time, giving Reflectors a complete experience of all the energies at play.

Imagine a Reflector who is considering getting married. Rather than rushing into a decision based on the emotion of the moment, they take a lunar cycle to really feel the relationship. They observe how they feel with their partner at different times of the cycle, in different situations and environments. They may even have deep conversations with their partner about what they are feeling and discovering. At the end of the cycle, they have a much clearer and complete picture of whether this marriage is really aligned for them.

In the end, sampling before deciding is a practice of trust and alignment. It's a way for Reflectors to honor their unique nature and to make decisions that are truly in resonance with who they are at any given moment. When Reflectors master this strategy, they can navigate life with incredible grace and ease, even amidst constant change.

As Ra Uru Hu said, "The wisest Reflector is the sampling Reflector." It's an invitation to embrace our open and changing nature, and to trust the wisdom of our own experience. And it's a promise that when we do, we can live an incredibly rich and aligned life, offering our unique reflections to the world.

Whether you are a Reflector learning to sample or someone interacting with Reflectors, understanding and honoring this strategy is essential for unlocking their full potential. With the right approach, Reflectors can be incredibly wise and transformative guides, helping us navigate the ever-changing waters of life with grace, ease, and deep self-knowledge.

Reflectors have much to teach us about the art of living in the present moment and adapting to constant change. In a world that often values fixity and predictability, they remind us of the beauty and wisdom of openness and fluidity. They invite us to trust the process of life and to find our truth in each moment, rather than clinging to fixed identities or plans.

So, the next time you make an important decision, perhaps take a page from the book of Reflectors and give yourself time to sample. Observe how you feel at different times, in different contexts. Listen to the subtle fluctuations of your energy and resonance. And trust that your inner truth will reveal itself, even if it is constantly changing.

It's an art of living that we can all learn from Reflectors, regardless of our type. And it's perhaps one of the biggest gifts they have to offer the world - an invitation to embrace the mystery and miracle of each moment, and to find our ever-changing alignment with the flow of life.

Points to remember:

- The strategy of Reflectors is to sample before making a decision, i.e. to take the time to feel the energies of a situation before committing.
- Sampling allows Reflectors to follow their changing inner guidance and ensure their decisions are aligned with their momentary truth.
- While it may be perceived as indecision, sampling is actually a form of deep discernment rooted in self-knowledge.
- A complete lunar cycle (about 28 days) is considered the optimal duration for a Reflector to make an important decision.
- Sampling is a practice of trust and alignment that allows Reflectors to embrace their fluid nature and adapt to constant change.
- Understanding and honoring the sampling strategy is essential to reveal the full potential of Reflectors and allow them to offer their unique wisdom to the world.
- Reflectors teach us all the art of living in the present moment, trusting the process of life, and finding our alignment in the constant flow of change.